

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (canceled)

Claim 2 (canceled)

Claim 3 (canceled)

Claim 4 (canceled)

Claim 5 (canceled)

Claim 6 (canceled)

Claim 7 (canceled)

Claim 8 (canceled):

Claim 9 (canceled):

Claim 10 (canceled):

Claim 11 (canceled):

Claim 12 (canceled):

Claim 13 (canceled):

Claim 14 (original): A method for making a rock-climbing device comprising the steps of:

- A. forming a rigid tube with a top and a bottom,
- B. creating a band having an effective length with a first end and a second end made of a substantially taut material,
- C. forming said rigid tube with said top and said bottom further comprising the steps of:
  - 1. creating a shaft,
  - 2. cutting at least one first pair of notches into said top of said tube where said at least one first pair of notches are arranged at opposite ends from each other,
  - 3. cutting a second pair of notches into said top of said tube where said second pair of notches are arranged at opposite ends from each other,
- D. inserting said band through said shaft in said rigid tube such that the first end of the band emerges from the top of said rigid tube and the second end of the band emerges from the bottom of said rigid tube,
- E. fastening a first carabiner to said first end of said band,
- F. fastening a second carabiner to said second end of said band.

Claim 15 (previously presented): The method of claim 14 further comprising the step of:

- A. cutting said second pair of notches into said top of said tube at a depth greater than that of said at least one first pair of notches.

Claim 16 (original): The method of claim 14 further comprising the step of:

- A. cutting a third pair of notches into said bottom of said tube where said third pair of notches are arranged at opposite ends from each other.

Claim 17 (original): The method of claim 14 further comprising the step of:

- A. making the band out of nylon.

Claim 18 (original): The method of claim 14 further comprising the step of:

- A. making the rigid tube out of PVC plastic.

Claim 19 (original): The method of claim 14 further comprising the step of:

- A. making said carabiners out of aluminum.

Claim 20 (canceled)

Claim 21 (previously presented): The method claim 14 further comprising the step of:

- A. making the band out of spectra.

Claim 22 (new): A rock-climbing device comprising:

- A. a tube,
- B. a first carabiner,
- C. a second carabiner,
- D. a band,
- E. said tube further comprising:
  - 1. a shaft,
  - 2. a top, and
  - 3. a bottom,
    - i. said top further comprising:
      - a. a first pair of notches arranged at opposite ends from each other,
      - b. a second pair of notches arranged at opposite ends from each other, said second pair of notches being cut a depth greater than said first pair of notches,
- F. said band further comprising:
  - 1. a first end, and
  - 2. a second end,
- G. said band passing through said shaft such that the first end of the band emerges from the top of said tube and the second end of the band emerges from the bottom of said tube,
- H. said first carabiner fastened to said first end of the band,

I. said second carabiner fastened to said second end of the band.

Claim 23 (new): the rock-climbing device of claim 22 wherein:

A. said bottom further comprises a third pair of notches arranged at opposite ends from each other.

Claim 24 (new): A rock-climbing device comprising:

A. a tube,

B. a first carabiner,

C. a second carabiner,

D. a band,

E. said tube further comprising:

1. a shaft,

2. a top, and

3. a bottom,

i. said top further comprising:

a. a first pair of notches arranged at opposite ends from each other,

b. a second pair of notches arranged at opposite ends from each other, said second pair of notches being cut a depth greater than said first pair of notches,

ii. said bottom further comprising:

a. a third pair of notches arranged at opposite ends from each other,

F. said band further comprising:

4. a first end, and

5. a second end,

G. said band passing through said shaft such that the first end of the band emerges from the top of said tube and the second end of the band emerges from the bottom of said tube,

H. said first carabiner fastened to said first end of the band,

I. said second carabiner fastened to said second end of the band.

Claim 25 (new): A rock-climbing device comprising:

A. tube,

B. a first carabiner,

C. a second carabiner,

D. a band having an effective length,

E. said tube further comprising:

1. a shaft,

2. a top, and

3. a bottom,

i. said top further comprising:

a. a first pair of notches arranged at opposite ends from each other,

b. a second pair of notches arranged at opposite ends from each other, said second pair of notches being cut a depth greater than said first pair of notches,

ii. said bottom further comprising:

a. a third pair of notches arranged at opposite ends from each other,

F. said band further comprising:

1. a first end, and

2. a second end,

G. said first carabiner fastened to said first end of the band,

H. said second carabiner fastened to said second end of the band,

I. said band passing through said shaft such that the first end of the band emerges from the top of said tube and the second end of the band emerges from the bottom of said tube such that when said band is twisted in a radial direction the effective length of said band is shortened so that said first caribiner will be rigidly secured within said first pair of notches,

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Claim 26 (new): The method of claim 14 further comprising the step of:

- A. twisting said band in a radial direction such that the effective length of said band is shortened so that said first carabiner rigidly rests in said first pair of notches.